

ELECTRONYSTAGMOGRAPHY (ENG) TEST

The ENG is a test designed to help your physician determine the source of your dizziness, unsteadiness, or vertigo. The test takes approximately 1.5 hours. Please complete the enclosed paperwork and plan to arrive at least **15 minutes prior to your appointment time!**

Certain medications may change the findings of the ENG exam. We ask that you **NOT** take any non-essential medications for a period of **2 days (48 hours) before the test.**

Please **carefully follow** these instructions:

2 days before the test:

- DO NOT take aspirin or any medication containing aspirin for **2 days before** the test.
- DO NOT drink any alcohol or take any medication containing alcohol for **2 days before** the test.
- Discontinue ALL medications for **2 days prior** to the test date **EXCEPT** those used for a heart condition, blood pressure, diabetes or seizures.
- STOP taking medications such as allergy pills, tranquilizers, sleeping pills, decongestants, pain pills, dizziness medications, etc., **2 days before** the test.
- DO NOT use **MARIJUANA, HALLUCINOGENIC, or similar drugs.**
- ESPECIALLY AVOID the following:
 - Alcoholic Beverages
 - Sleeping Pills
 - Tranquilizers
 - Antihistamines
 - Anti-dizzy Pills
 - Narcotics of any kind
 - Over-the-counter cold or allergy medications
 - Medications which contain any of the above.

4 hours before the test:

- DO NOT drink beverages or take any medications containing caffeine (coffee, tea, soft drink, Energy drink, Excedrin).
- DO NOT eat solid foods, drink, or smoke anything **4 hours** before the test (small sips of water are okay).
- Do not smoke **4 hours** prior to the test.

On the day of the test:

- Wear comfortable clothing.
- Do not apply foundation or eye make-up before the test.
- Remove contact lenses before the exam.
- **You must bring a driver with you or wait at least 1 hour following the test before operating a motor vehicle.**

ALL APPOINTMENTS MISSED OR NOT CANCELLED 48 HOURS PRIOR TO THE EXAM ARE SUBJECT TO A \$50 FEE.